

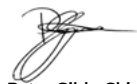
To Rt. Hon. Matt Hancock MP,  
Secretary of State for Health and Social Care.

**We are calling on the government to ensure community rehabilitation for all intensive care patients.**

Recovering from intensive care can take 12-18 months and for some people, life is never the same again. Critical illness can cause profound and debilitating physical, psychological and cognitive after-effects. Once discharged from hospital, people can experience many problems, known as Post Intensive Care Syndrome. These include severe physical weakness and fatigue, weight loss, breathlessness, difficulty with voice, communication, eating and swallowing, hair loss, anxiety, depression and changes in memory and concentration. Rehabilitation is inconsistent across the country with many patients left to face these problems alone, without support or information to help them recover. This is not acceptable.

We have created a Parliamentary petition ([icusteps.org/rehab](https://icusteps.org/rehab)) asking the government to ensure that all intensive care patients, regardless of admission cause, are provided with comprehensive multidisciplinary community rehabilitation. This will include information, rehabilitation plan, ongoing meetings to assess their needs and access to community rehabilitation including physical, psychological and cognitive support. This will ensure compliance with the recommendations from NICE Clinical Guideline CG83 *Rehabilitation after critical illness in adults*, which was published in 2009 but which has not been implemented across the country.

Intensive care may save our lives, but we need support and rehabilitation to give those lives back to us.



Peter Gibb, Chief Executive  
ICUsteps



Dr Stephen Webb, President  
Intensive Care Society



Carl Waldmann, FICM Past Dean and Chair of FICM  
Life After Critical Illness, Faculty of Intensive Care Medicine



Nicki Credland, Chair  
British Association of Critical Care Nurses



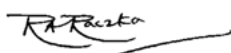
Ema Swingwood, Chair  
The Association of Chartered  
Physiotherapists in Respiratory Care



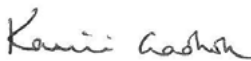
Professor Karen Middleton CBE FCSP  
MA, Chief Executive  
Chartered Society of Physiotherapy



Caroline Bovey RD BEM, Chair  
British Dietetic Association



Dr Roman Raczka, British Psychological Society,  
Division of Clinical Psychology DCP-UK Chair



Kamini Gadhok MBE, CEO  
Royal College of Speech and Language Therapists



Steve Ford, CEO  
Royal College of  
Occupational Therapists

